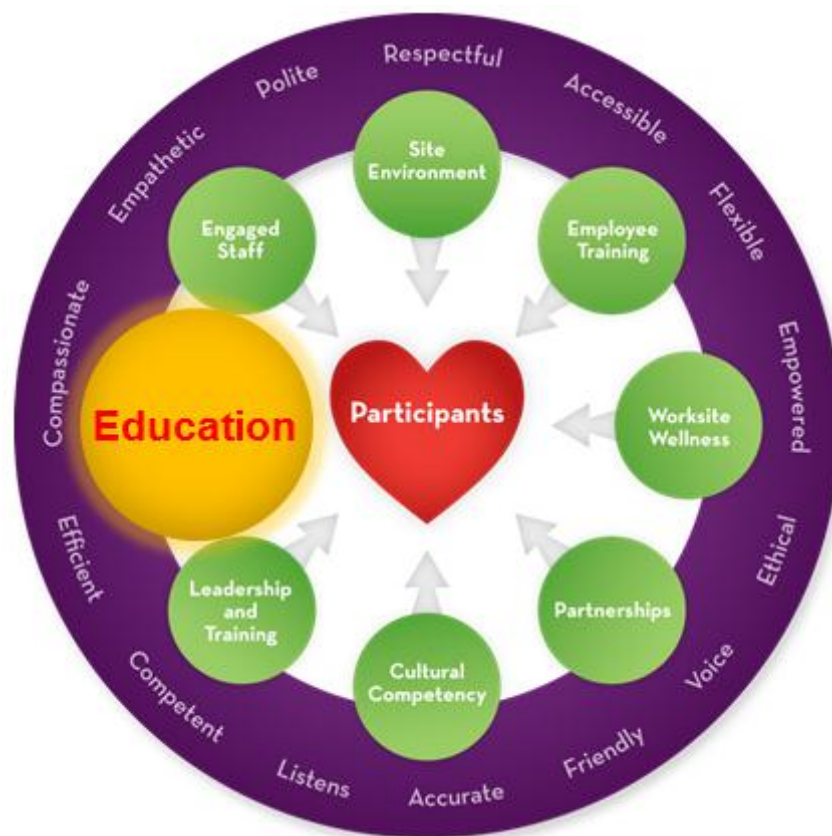


Opening the Conversation & Asking Permission

Participant Centered Education

Trainee Workbook



Opening the Conversation

Activity 1

What do you do to help participants
feel safe and respected
from the beginning of the session?

Activity 2

A Participant-Centered Way to Open a Conversation

It helps to start a session by letting the participant know a few things at the very beginning. These can include:

- **Your name** (if the participant doesn't already know you)
- **Your position** (if the participant doesn't already know you)
- **How long the session will last**
- **The purpose of the session**

This shows respect to the participant and can help her relax a bit.

Example: Hi, my name is Ana and I'm a nutrition assistant. Today we're going to recertify Alfredo. First I'll ask you some questions and put the information into the computer, and then I'll talk to you a bit about Alfredo's diet. It should take about 10-15 minutes.

Activity 3

Asking Permission

Another way to show respect is by asking permission. For example: At the start, you can ask the participant if it's OK to talk about her health or her child's health.

Example: I'd like to talk with you about what Alfredo eats and what he is doing now. Is that OK?

Other ways to ask permission:

- Is that alright?
- Would that be OK?
- Would that be good for you?

WHEN TO ASK PERMISSION

- At the beginning of a session
- Before explaining information about growth or lab tests
- Before offering information or advice

NOTE: It helps to use your own words so that you feel comfortable.

ALSO: Participants almost never say "no", and will appreciate being offered the choice.

Activity 4

Write down how you might
open the conversation and
ask permission to start a session:

1st time

2nd time